

# *Specialty Cooking*



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# *Specialty Cooking*

Not everyone's dietary needs/beliefs are alike. Some people are vegetarian due to their religious or moral beliefs. Of these, some don't eat living things, others don't eat meat but will eat seafood, and others may even avoid dairy products. Other people may have systems that can't process dairy products well. Still others may need to eat foods that are gluten-free because they have celiac disease and other severe food intolerances.

One of the basic principles of scouting is diversity. In an effort to recognize this diversity when participating in weekend outings, a short collection of specialty recipes has been brought together in this cookbook. They were selected from a number of cookbooks for their ease of preparation on a weekend scout trip. By offering these recipes it is hoped that the scouts will have options available to meet everyone's diet needs. New recipes will always be welcomed!

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## *Helpful Info*

The following items account for 90% of allergic food reactions:

- Milk
- Egg
- Peanut
- Tree nut (walnut, cashew, etc)
- Fish
- Shellfish
- Soy
- Wheat

Reactions can include respiratory (*breathing*), gastrointestinal (*stomach*), skin (*rash*), and cardiovascular (*heart*) responses.

Common substitutions in recipes:

- Egg – use ½ tablespoon water, ½ tablespoon oil, and 1 teaspoon baking powder
- Milk – use equivalent amount of water
- Wheat flour - use any of the following:
  - 7/8 cup rice flour
  - 5/8 cup potato starch flour
  - 1 cup soy flour with ¼ cup potato starch flour
  - 1 cup corn flour

Celiac disease is not equivalent to a wheat allergy. Persons with this disease have reactions to wheat, rye, oats, and barley.

Religious restrictions vary widely from person to person so these are broad guidelines

- Christians – may abstain from meat on Fridays  
Mormons may also avoid any drinks with alcohol or caffeine
- Judaism – may keep separate utensils for dairy, meat, and pareve (kosher)  
may not eat pork or shellfish or meat from cows and sheep
- Muslim – may fast between sunrise and sunset during the month of Ramadan  
no pork or pork products
- Hindu - most do not eat meat  
none eat beef
- Buddhist - many strict Buddhists are vegetarian
- Sikh - may be vegetarian

Vegetarians

- Lacto-ovo vegetarians don't eat meat, fish, or poultry
- Ovo vegetarians don't eat meat, fish, poultry or dairy foods
- Lacto vegetarians don't eat eggs, meat, poultry or fish
- Vegans do not eat any animal foods, eggs, or dairy products

*Gluten-free*

***Carl Johnston's Basic Gluten-Free Muffins  
Troop 202***

1 cup soy flour (- 1 teaspoon)  
1 cup rice flour (-1 teaspoon)  
¼ cup sugar  
3 teaspoon baking powder  
½ teaspoon salt  
1 egg (beat in)  
1 cup soy milk  
¼ cup oil

Place muffin cups in a foil pan (or make one from aluminum foil) to be put in dutch oven.  
Mix in a bowl: flours, sugar, baking powder, and salt.  
Mix in egg, soy milk, and oil. If too thick, add more milk.

Bake in dutch oven at 400 ° for 12-15 minutes (1 coal for each 25°, 2/3 on bottom and 1/3 on top).  
Test with toothpick. When the muffin tops are light brown and a toothpick pulls out clean, then the muffins are done.

*To Add Flavorings*

Blueberry: Mix in fresh or frozen blueberries

Strawberry: Mix in fresh or frozen strawberries

Apple: grate & add 1 peeled apple, ½ teaspoon cinnamon, and ¼ cup oil

Jam: press ½ teaspoon jam onto top of each muffin before cooking

*Makes 12 muffins*

*Vegetarian, dairy intolerant*

### ***Pancakes***

1 cup unbleached white flour  
1 cup whole wheat pastry flour  
1 tablespoons baking powder  
1 tablespoon sugar  
2 tablespoons oil  
2 cups soymilk or rice milk

Combine all the ingredients in a bowl and stir. The batter will be lumpy.

Heat a heavy griddle on medium high. Use a 1/3 cup measure to scoop out the batter for the test cake. It will be ready to turn over when bubbles appear on the top. If it browns too fast, lower the heat. Continue until all the batter is used up.

*Makes 10 – 12 pancakes*

*source: Munchie Madness Vegetarian Meals for Teens*

*Vegetarian, dairy intolerant*

### ***Biscuits***

1 cup whole wheat flour  
1 cup all-purpose flour  
1 tablespoon baking powder  
½ teaspoon salt  
3 tablespoons vegetable oil  
1 cup low-fat soymilk

Into a large bowl, sift the flours, baking powder, and salt. Gently stir any bran that is left in the sifter back into the flour.

Add the oil. Mix with a fork until the mixture resembles coarse crumbs. Add the milk and stir until the dry ingredients are moistened.

Place the dough on a floured surface, and knead a few times until the dough holds together in a ball. (If the dough is sticky, you may need to add a bit more flour.) Place a sheet of wax paper over the dough and roll it to ½ inch thickness using a can, bottle, or something else round. Carefully remove the wax paper.

Using a cup or glass, cut out biscuits. (The scraps can be put together and rolled out again.)

Place the biscuits in the dutch oven and cook for 10 minutes at 450° (1 coal for each 25°, 2/3 on bottom and 1/3 on top).

*Makes 12 biscuits*

*source: Munchie Madness Vegetarian Meals for Teens*

*Gluten-free*

***Buttermilk Biscuit Mix***  
*(makes 5 batches of biscuits)*

2 ½ cups rice flour  
1 2/3 cups potato starch  
3 tablespoons baking powder  
2 ½ teaspoons baking soda  
2 ½ teaspoons salt  
¼ cup sugar  
½ cup dry buttermilk powder  
3 tablespoons Egg Replacer (optional)  
1 cup less 1 tablespoon shortening

In a large mixing bowl, mix together the rice flour, potato starch, baking powder, baking soda, salt, sugar, buttermilk powder, and Egg Replacer (if used). Mix in the shortening with a fork until no lumps appear.

*Plain biscuits*

To 1 ¼ cups of biscuit mix above add 1 egg (or ¼ cup liquid egg substitute) beaten with 1/3 cup water for drop biscuits. Drop into dutch oven as soon as the dough is moistened. Bake for 12 – 15 minutes at 400° (1 coal for each 25°, 2/3 on bottom and 1/3 on top).

*Sweet shortcake biscuits*

To 1 ¼ cups of biscuit mix above add 1 tablespoon sugar, 1 teaspoon vanilla, and 1 egg (or ¼ cup liquid egg substitute) beaten with ¼ cup water. Pat into rounds and put in dutch oven. Bake for 12 – 15 minutes at 400° (1 coal for each 25°, 2/3 on bottom and 1/3 on top).

*Either recipe makes 8 biscuits*

*Source: The Gluten-Free Gourmet Cooks Fast and Healthy*

*Gluten-free*

***Pancake Mix***  
*(makes 4 batches of pancakes)*

4 cups gluten-free flour mix  
1 cup buttermilk powder  
¼ cup sugar  
1 ½ teaspoons salt  
4 teaspoons baking powder  
2 teaspoons baking soda  
4 teaspoons Egg Replacer (optional)

Combine the ingredients and mix well.

For pancakes beat together:

2 eggs  
1 cup water  
2 tablespoons oil

Place 1 1/3 cups of the pancake mix above in a bowl. Add the egg mixture and beat until smooth.

Drop spoonfuls of the batter onto a hot greased griddle and cook until the top is full of tiny bubbles and the underside is brown. Flip and brown the other side.

*Makes 10 4" pancakes*

*Source: The Gluten-Free Gourmet Cooks Fast and Healthy*

*Gluten-free*

### ***Chicken and Rice Soup***

5 cups chicken broth (could use chicken bullion cubes & water)  
½ cup chopped onion  
½ cup cubed carrots  
½ cup sliced celery  
2 tablespoons chopped parsley  
¼ teaspoon dried thyme  
pinch of powdered bay leaves  
1 large can of chicken meat (substituted for uncooked chicken to make it easy on a trip)  
salt and pepper to taste  
1 cup instant rice (instead of cooked rice)

In a large kettle, combine the broth, onion, carrots, celery, parsley, thyme, and bay leaves. Bring to a boil and reduce heat to simmer. Cooked for about 12 minutes. Add the chicken and rice and simmer for about 10 minutes. Salt and pepper to taste.

*4 servings*

*Source: The Gluten-Free Gourmet Cooks Fast and Healthy  
(adjusted a bit to make it scout trip compatible)*

***Minestrone Genovese (Vegetable Soup with Pesto)***

1 1/3 cups dried white kidney beans – soaked  
8 cups water  
2 large potatoes, diced  
1/2 pound butternut squash, peeled & diced  
3 large zucchini, chopped finely  
1 tomato, peeled, seeded, & chopped  
1/3 pound mushrooms, sliced  
1 carrot, finely chopped  
2 celery ribs, finely chopped  
1 large garlic clove, minced  
1 yellow onion, finely sliced  
1/3 cup olive oil  
1 1/2 teaspoons coarse sea salt  
1/2 pound tubular pasta  
2 tablespoons pesto  
olive oil

Drain the beans & combine with the water in a large pot. Bring to a boil & cook at a high heat for 10 minutes. Reduce heat & simmer, covered, for another 5 minutes. Add the potatoes, squash, zucchini, tomato, and mushrooms & cook over medium heat, stirring from time to time. After about 15 minutes, add the carrot, celery, garlic, and onion. Simmer for another 15 minutes, stirring occasionally. Add the olive oil and salt. Continue simmering, pressing the beans and potatoes against the side of the pot to make the soup dense. After another 15 minutes cooking, add the pasta and simmer for 9 or 10 minutes until it is al dente. Just as the heat is turned off, stir in the pesto. Let the soup cool until it is tepid and serve it with drizzles of olive oil on top.

Source: [www.justdutchovenrecipes.com](http://www.justdutchovenrecipes.com)

***Ratatouille Soup***

- 1 tablespoon olive or vegetable oil
- 1 small onion, chopped
- 1 large garlic clove, crushed
- 1 small eggplant (about 1 pound), cut into ½ inch cubes
- 3 medium tomatoes, coarsely chopped
- 1 medium zucchini, cut into ½ inch slices
- 1 small green bell pepper, chopped
- ¼ teaspoon salt
- 10 ½ ounce can condensed vegetable or chicken broth
- 10 ½ ounce can of water

Heat the oil in a large pot, over medium heat, and cook the onion and garlic for about 3 minutes, stirring occasionally, until the onion is crisp tender. Stir in the remaining ingredients and heat to boiling. Reduce the heat, cover, and simmer about 10 minutes or until the vegetables are crisp tender.

Source: [www.justdutchovenrecipes.com](http://www.justdutchovenrecipes.com)

*Gluten-free*

***Vegetable Soup with Beans and Pasta***

2 tablespoons vegetable oil  
1 large carrot, diced  
1 clove garlic, minced  
2 celery stalks, sliced  
1 medium onion, chopped  
1 5.5-ounce can V-8 juice  
4 cups vegetable or beef stock (could use beef bullion cubes and water)  
1 15-ounce can kidney beans, drained  
 $\frac{3}{4}$  cup peas  
1 cup gluten-free small pasta  
salt to taste

In a large kettle or saucepan, heat the oil. Add the carrot, garlic, celery, and onion and sauté until the onion is translucent, about 5 minutes.

Add the V-8 juice, beef stock, and kidney beans. Bring to a boil, reduce heat, and simmer for 10 minutes. Add the pasta and when the pasta has about 5 minutes left to cook, add the peas. (some of the new corn pastas will cook in 5 minutes or less). If using one of these, add the peas with the pasta.) Cook until the pasta is done. Taste. If the stock was unsalted, add more salt, if necessary.

*4 to 5 servings*

*Source: The Gluten-Free Gourmet Cooks Fast and Healthy  
(adjusted a bit to make it scout trip compatible)*

***Suneel's Savory Spicy Vegetarian Chili***

1 28 ounce can crushed tomatoes  
4 ripened juicy tomatoes  
2 15.5 ounce cans black beans or kidney beans or a combination  
1 ½ cups textured soy protein chunks or ¾ cup textured soy protein granules or ¾ cup soaked cracked wheat  
1 medium red bell pepper  
1 large yellow onion, chopped  
3 large cloves garlic, minced  
2 tablespoons oil  
3 teaspoons chili powder  
chopped red onion and vegan cheddar cheese to sprinkle on top  
cayenne pepper, salt, and chopped jalapenos to taste

Prepare textured soy protein according to directions. If using textured soy protein chunks, squeeze dry and break them up into smaller chunks after soaking. On medium heat, heat up can of crushed tomatoes in large pot until bubbly. Add textured soy protein or cracked wheat and continue to heat for 10 minutes. Stir frequently. Meanwhile, sauté yellow onion and garlic in oil until onions are soft and clear. Add this to tomato mixture and let cook for 6 minutes. Continue to stir.

Chop tomatoes and bell pepper and add to pot. Also, add chili powder, cayenne pepper, salt, and jalapenos (more peppers, the better). Continue to cook for 15 minutes, allowing the liquid from the fresh tomatoes to come out into the chili. Stir frequently. Then, drain and rinse beans in lukewarm water and add to chili. Cook on medium heat for 10 minutes and then cover pot and simmer on low for 20 – 25 minutes, stirring frequently.

Serve piping hot and sprinkle lots of chopped red onion and shredded cheese on top. Enjoy.

*6 servings*

***Middle Eastern Stew***

3 cups water  
2 cups 1 inch potato cubes  
½ cup celery, chopped  
1 tablespoon parsley  
1 teaspoon salt  
2 cups zucchini slices  
1 ¼ cups dried lentils  
½ cup onion, chopped  
2 cloves garlic  
1 tablespoon instant beef bouillon  
1 teaspoon cumin  
1 lemon wedge

Heat water and lentils until boiling in large pot, reduce heat. Cover and cook until lentils are almost enter, about 30 minutes. Stir in potatoes, dry bouillon, salt, and cumin. Cover and cook until potatoes are almost enter, about 20 minutes. Stir in zucchini, cover and cook until zucchini is tender, about 10 – 15 minutes. Serve with lemon wedges.

Source: [www.justdutchovenrecipes.com](http://www.justdutchovenrecipes.com)

***Chunky Vegetarian Chili***

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon cooking oil
- 2 cans Mexican stewed tomatoes, undrained (14 ½ ounces each)
- 1 can kidney beans, rinsed & drained (16 ounces)
- 1 can pinto beans, rinsed & drained (15 ounces)
- 1 can whole kernel corn, drained (11 ounces)
- 2 ½ cups water
- 1 cup uncooked long grain rice
- 1 – 2 tablespoons chili powder
- 1 ½ teaspoons ground cumin

In a large pot, sauté green pepper, onion, and garlic in oil until tender. Stir in all remaining ingredients, bring to a boil. Reduce heat, cover and simmer for 25 – 30 minutes or until rice is cooked, stirring occasionally. If thinner chili is desired, add additional water.

*11 servings*

Source: [www.justdutchovenrecipes.com](http://www.justdutchovenrecipes.com)

***Quick Vegetarian Chili-con-Queso***

1 can (28 ounces) tomatoes, crushed  
2 cans (15 ounces) pinto beans  
1 can (15 ounces) red kidney beans  
1 can (15 ounces) garbanzo beans  
1 can (14 ¼ ounces) hominy  
1 can (6 ounces) tomato paste  
1 can (4 ounces) green chili peppers, diced  
2 medium onions, chopped  
2 medium zucchini, halved lengthwise and sliced  
1 – 2 tablespoons chili powder  
1 teaspoon ground cumin  
¾ teaspoon garlic powder  
½ teaspoon sugar  
salt, to taste  
1 ½ cup Monterrey Jack cheese, shredded  
dairy sour cream (optional)  
fresh cilantro (optional)

In a large pot, combine tomatoes, undrained kidney and pinto beans, drained garbanzo beans and hominy, tomato paste, undrained chili peppers, onions, zucchini, chili powder, cumin, garlic powder, sugar, and salt to taste. Heat to boiling, reduce heat. Simmer, covered, for 30 minutes. Remove from heat. Add cheese, stir until melted. If desired, top with sour cream and cilantro.

Source: [www.justdutchovenrecipes.com](http://www.justdutchovenrecipes.com)

*Vegetarian, dairy intolerant*

### ***Red Beans and Rice***

1 ½ cups brown rice  
3 cups water  
1 teaspoon salt  
1 large onion, chopped  
2 tablespoons canola oil  
½ teaspoon salt  
1 tablespoon chili powder  
1 teaspoon cumin powder  
¼ teaspoon garlic powder  
2 (15 ounce) cans red kidney beans, drained  
salsa  
soy sour cream

Cook the rice, water, and salt in a saucepan until tender, about 45 minutes.

Heat a skillet and fry the onion in the oil over low heat until soft. Add the rest of the ingredients, and stir to combine.

Mix the rice, onion, and beans, until hot. Serve with salsa and top with soy sour cream.

*8 servings*

*source: Munchie Madness Vegetarian Meals for Teens*

*Vegetarian, dairy intolerant*

### ***Taco Salad***

#### *Taco filling*

- 1 cup water
- ½ cup bulgur (cracked wheat)
- 2 teaspoons vegetable oil
- ½ cup chopped onions
- ½ cup chopped green pepper
- 1 (8 ounce) can salt-free or regular tomato sauce
- 1 (1 pound) can kidney beans, rinsed and drained
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon garlic powder
- 1/3 teaspoon cayenne pepper

#### *Other ingredients*

- 12 taco shells, broken into bite-size pieces, or one 7-ounce bag of baked tortilla chips
- 4 cups shredded lettuce
- 2 cups chopped tomato
- ¾ cup chopped onions
- ¼ cup thinly sliced black or green olives
- 6 ounces low-fat soy cheese, shredded (1 ½ cups)
- jar of mild or hot salsa

To prepare the taco filling:

Bring the water to a boil in a small saucepan. Add the bulgur. Cover, reduce the heat to low, and simmer for 15 minutes until the water has been absorbed.

While the bulgur is cooking, heat the oil over medium heat. Add the onions and green peppers. Cook until tender, about 5 minutes.

Add the tomato sauce, beans, spices, and cooked bulgur. Mix well, mashing the beans with a fork. Cover, reduce the heat to low, and cook for 5 minutes.

To serve, arrange the broken taco shells or tortilla chips on 6 dinner plates. Divide the lettuce evenly and place on the shells. Then top with the hot taco filling, tomato, onions, olives, cheese, and salsa.

***6 servings***

*source: Munchie Madness Vegetarian Meals for Teens*

*Vegetarian, dairy intolerant*

***Bean Burritos***

12 flour tortillas  
3 cups hot cooked pinto beans  
1 red onion, chopped  
2 cups chopped lettuce  
2 tomatoes, diced  
1 cup grated soy cheese  
salsa  
soy sour cream (optional)

Brown the tortillas lightly on an oiled griddle. Put a big spoonful of the beans on each tortilla. Let people help themselves to the toppings and roll their own burritos.

*6 servings*

*source: Munchie Madness Vegetarian Meals for Teens*

*Vegetarian, dairy intolerant*

***Rosa's Meatless Lasagna***

1 pound of Morningstar or other soy bean meat substitute  
1 32 ounce jar spaghetti sauce  
3 ounces mushrooms  
1 medium onion  
1 pound soy cheese or cheese substitute  
1 package whole wheat lasagna noodles  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
½ teaspoon herbal no salt substitute

Simmer meatless substitute for 10 minutes, consecutively boil the whole wheat lasagna noodles, add herbs and vegetables into meatless soy substitute. Add spaghetti sauce to mixture. Put 1 layer of noodles in bottom of dutch oven, then layer the meatless substitute, as thick as desired, and then add one more layer of noodles and meatless substitute ending with a layer of whole wheat noodles. Bake for 20 minutes at 350° (1 coal for each 25°, 2/3 on bottom, 1/3 on top).

*6 servings*

source: <http://vegweb.com/food/pasta/2083.shtml>, [DrNeal@highland.net](mailto:DrNeal@highland.net)  
(adjusted a bit to make it scout trip compatible)

*Vegetarian, dairy intolerant*

### ***Yummy Mac and Cheese***

1 or 2 slices of soy cheese (either mozzarella or american, but I think the mozzarella tastes a lot better)

a large box of a good vegetable or fake chicken broth (Imagine Foods makes a great one!)  
elbow macaroni

oil

Put a little oil in the bottom of the pot to coat it. Place the noodles in the pot and put in enough broth so that the noodles are not totally submerged. You want to boil the noodles in the broth and keep it boiling, stirring in the slices of cheese (you can break them up). Add more broth and more cheese and basically cook it until the noodles are done, there is not more broth, and it is cheesy enough. The broth and cheese form a sauce that is really tasty and sort of thick. This recipe is nice because it doesn't involve a lot of ingredients. Just make sure you watch the pot.

*3 servings*

source: <http://vegweb.com/food/kids/5195.shtml>, v.e.  
(adjusted a bit to make it scout trip compatible)

*Vegetarian, dairy intolerant*

### ***TexMex Surprise***

- 2 ½ cups textured soy protein
- 2 tablespoons parsley, chopped
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 can stewed tomatoes
- 3 tablespoons taco seasoning mix
- 3 cups of chopped spinach, boiled
- ½ cup lukewarm water
- 2 cups soy cheese, grated
- 1 teaspoon soya sauce

Hydrate textured soy protein with lukewarm water and soya sauce. Let stand for 5 minutes. Place spinach into a pot of water and let boil. Add olive oil, garlic, and taco seasoning mix to your textured soy protein mixture, and stir it. Drain spinach and add to mixture with entire can of stewed tomatoes (juices and all). Stir.

Place mixture into dutch oven and bake at 375° (1 coal for each 25°, 2/3 on bottom, 1/3 on top). While it's baking, grate your soy cheese. After that remove your lid and evenly sprinkle grated soy cheese over the mixture. Add coals to bring to 450° and watch it melt. Take it out and garnish with parsley over top and let cool for 10 – 15 minutes. Enjoy!!!

This was just an invention I threw together when I was down and out for food one week, but my picky kids really like it, and they ask for it all the time. It doesn't sound too appetizing, but it is!! I hate spinach, but now I eat it a lot.

*6 servings*

source: <http://vegweb.com/food/casseroles/3932.shtml>, Paula (adjusted a bit to make it scout trip compatible)

*Vegetarian*

### ***Apple Crisp***

6 apples  
½ stick margarine  
1/3 cup sugar  
1/3 cup flour  
1 cup rolled oats (long-cooking oatmeal, not the instant kind)

Slice the apples into the dutch oven.

Mix the rest of the ingredients in a bowl. Spread this crumbly mixture over the apples.

Cook for 40 to 45 minutes at 350° (1 coal for each 25°, 2/3 on bottom, 1/3 on top).

*6 servings*

*source: Munchie Madness Vegetarian Meals for Teens*

*Gluten-free*

### ***Apple Delight***

1 pouch Dietary Specialties white cake mix  
½ cup (1 stick) margarine or butter  
½ cup sweetened shredded coconut  
3 apples, peeled, cored, and sliced  
½ cup sugar  
1 teaspoon apple pie spice  
1 cup sour cream or nondairy substitute  
1 egg

Pour cake mix into bowl and cut in the margarine and coconut. Press into dutch oven. Bake for 10 minutes at 350° (1 coal for each 25°, 2/3 on bottom and 1/3 on top).

Mix the sliced apples with the sugar and apple pie spice. Layer over the baked crust. Blend the sour cream and egg. Distribute evenly over the apple slices. Bake for 25 minutes at 350°.

*12 servings*

Source: The Gluten-Free Gourmet Cooks Fast and Healthy

*Gluten-free*

***Trail Mix***

Start with:

- ¼ cup sunflower seeds
- ¼ cup whole almonds
- ¼ cup coarsely chopped dried apricots
- ¼ cup dried apple bits

Add any of these for more bulk:

- Roasted cashews
- Raisins or dried cranberries
- Chopped dates, figs, or dried papaya
- Pumpkin seeds
- Chocolate chips